



## Bronze Group Seasonal Plan Guidelines FUNdamentals stage of LTAD

**FUNdamentals:** 5-8 yo Female 6-9 Male- Learn all FUNdamentals movement skills and build overall motor skills. Focus on ABC's of athleticism: Ability, balance, coordination and speed. RJT: running, jumping, throwing. KGB: Kinesthetics, gliding, buoyancy. CK: catching, kicking. Play many sports.

What does it mean in swimming? Learning the basic of our sport. Being comfortable in the water. Learn to breath, inhale, exhale and holding breath in water. Feel the body in the water, buoyancy and resistance, different orientation front, back and side. What movement make the body move forward, backward, up and down. Coordination of breathing along with movement of arms and legs. Teach basic swimming skills: body position for swimming, kicking, pulling, recovery, turns and starts, 4 strokes. Develop short duration speed and endurance through fun games/practice in and out of pool.

**FUN:** this is important to keep little kids interested in the sport. Deliver a practice that keep their attention, that stimulate them and have a good balance of challenge and success. Give **positive** and **constructive feedback**. Use **different tools** and **be creative** in your practice plan and have a clear purpose. Plan and prepare your workout and progress from practice to practice. Review your workout to keep track of what happens and how to make a skills/drills/set/game better.

MONTH	SKILLS DEVELOPMENT	PHYSICAL	MENTAL /SOCIAL	CLUB ACTIVITY	
PURPOSE	Learn proper breathing in water. Head and body position. Basic skills of free and back. Learn to flutter kick.	General fitness. Intro to pre-workout routine.	Introducing basic training skills expectation.	Be part of ISC. Fun.	
September & October	Drill to develop breathing in water. Inhale/exhale/holding breath.				
	Learn to feel comfortable lying horizontal on front and back in H2O. Head, hip and heel in line.	Intro to ISC pre-workout routine 1-2 Teach each exercises properly.	Learn names Respect Teammate and coaches. Learn to circle swim. Listening position. Ready position and push on wall...	Swimmer of the month	
	Learn flutter kick movement front/back/side				
	Intro to dolphin kick movement.			Intro to TOPS	
	Learn to streamline in many ways. Standing/jump/push/kk.	Aerobic exercises and speed games.			Halloween Party
	Intro to arm action free/back. Coordination with breath on free. Use dumbbell/wall/kk board to assist before swim...				
	Learn to push off the wall, ready position and streamline.				
	Intro to dive from side pool first and jump from block.				
PURPOSE	Develop coordination of free and back stroke. Control body roll. Intro to breast and butterfly. Intro to turns: summersault.	General fitness.		Introduce skills of positive attitude and productive talk	Intro to race.
November & December	Learn timing breath and arm action free/bilateral breathing.	Execute proper pre-workout exercises			
	Entry and Exit of arm for free and back		Create positive game activity and productive talk through swimming activity.	Swimmer of the month	
	Kick free/back streamline/rotation shoulder with boiling water. Be able to do 25m continuous streamline.	Increase length of each set. Increase General volume to improve stamina			
	15-25m fast flutter kk with board or back			TOPS	
	Develop ondulation mvt fly chest/hips/feet	Speed game	Acknowledge positive attitude and talk.		
	Intro to breast kick				XMAS Party
	Intro to summersault in water and with the wall				
	Intro to dive from block if able from the side.				Report Card



**Bronze Group  
Seasonal Plan Guidelines Continued...  
FUNdamentals stage of LTAD**

MONTH	SKILLS DEVELOPMENT	PHYSICAL	MENTAL /SOCIAL	CLUB ACTIVITY
PURPOSE	Develop free and back basic skills: control breathing-kick and arm. Improve kicking for free/back/fly.	General fitness.	Self-Confidence and concentration skills	Be part of ISC. Fun.
January & February & March	Develop bilateral breathing with timing of arm for free.			
	Drill of single arm for free and back, teaching recovery and rotation.	Increase length of each set. Increase General volume to improve stamina	Create activity that will introduce swimmers to self-confidence.	Swimmer of the month
	Ability to swim free and back continuously for at least 50m with good breathing pattern and kicking.		Bring concept of concentration skills. How to stay focus longer set/activity/drills	TOPS
	Develop small, fast and continuous flutter kk free/back. Be able to kick continuous streamline for 50m. Board 100m+	speed games: 25's free/back/kk fast...Relay		Report Card
	Continue reinforcing dolphin kick and intro to single arm fly	Can do all pre-workout routine	Continue positive attitude and building team spirit.	
	Intro to Breast stroke pull. Reinforced Breast kk.			
	Intro to open turn. 2 hands Fly/Breast. Continue Flip turns skills.			
Intro to dive from Block and back dive.				
PURPOSE	Reinforced free and back swimming skills: Head still-bilateral breathing timing arms/legs. Intro to fly rhythm. Good control of streamline push. Basic 4 strokes	General fitness.	Introduce concept of perseverance	Intro to race.
April & May & June	Ability to swim 100m Free with bilateral breathing and continuous kick and long arm. Same for back.	Increase length of each set. Increase General volume to improve stamina	Create positive game/activity that will promote perseverance	Swimmer of the month
	Progressing on drills with body rotation and continuous kick. Increase arm length. Free and back			TOPS
	Can kick 100m of efficient flutter kk and dolphin kk.			
	15-25m fast flutter kk and dolphin kick	Speed game	Acknowledge positive attitude and talk and good concentration moment.	Year End Activity
	Intro to fly (fins) keep reinforcing fly kk	Good execution of drylands exercises.		Report Card
	Continue breast basic skills. Reinforced Breast kk.			
	Can do 100m I.M.			
	Intro to flip turn at the wall and jab and gel for open turns.			
Able to dive from side pool head first and back dive.			Trace	
Able to do a relay				

SWIMMING TO PURSUE EXCELLENCE IN LIFE